

# ALCOHOL<sup>®</sup>

## What is it?

Alcohol is a central nervous system depressant. Following ingestion alcohol is rapidly distributed to all parts of the body including the brain. Combining alcohol with other drugs can magnify the effects of alcohol or of other drugs administered at the same time.

## How would alcohol be used to cheat in sport?

Alcohol can be used in small quantities to reduce trembling, to improve self-confidence, and to relax especially in sports, which require coolness, e.g. like pool, darts, archery and shooting.

## Potential harmful side effects

Depending on the amount, alcohol can have an adverse effect on performance in sports.

- Long term use of alcohol may be addictive
- Alcohol decreases balance, reaction-time, hand-eye-coordination and complex coordination of gross motor skills

- Alcohol may also make an athlete violent and aggressive which may be dangerous to the opponents and/or team mates
- Excessive long term use of alcohol may cause liver problems

## What else you should know

### Alcohol is prohibited in some sports in-competition only.

Most commonly alcohol use in a sporting contest is detected through either breath or blood tests. Alcohol may also be prohibited for health and safety issues in certain sports e.g. motorcycling, archery.

## This fact-sheet is deliberately concise

For further information **contact the Anti Doping Unit**, Irish Sports Council, Top Floor, Block A, Westend Office Park, Blanchardstown, Dublin 15.  
Tel: +353 1 8608801 Fax: +353 1 8608860  
[antidoping@irishsports council.ie](mailto:antidoping@irishsports council.ie)  
[www.irishsports council.ie](http://www.irishsports council.ie)

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# DON'T THROW IT ALL AWAY